

ADULT CLASSES TERMS & CONDITIONS

All Access Performing Arts & Fitness

Version: 2.0

Effective: 1st May 2026

1. Purpose of this Agreement

These Terms & Conditions form a contract between:

All Access Performing Arts & Fitness (“we”, “us”, “our”)

and the participant (“you”, “your”).

By booking, paying for, or attending classes, you agree to be bound by these Terms.

2. Scope of Services

These Terms apply to all adult classes delivered by All Access Performing Arts & Fitness, including:

- Dance fitness e.g. Tap dance, Ballet
 - Commercial / music video dance
 - General fitness
 - Stretch & conditioning
 - Workshops
 - Online classes
 - Private sessions
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3. Registration & Health Declaration

3.1 All participants must complete the online registration form before attending.

3.2 By registering, you confirm that you have disclosed any relevant health information, including (but not limited to):

- Injuries
- Joint or mobility issues
- Heart or respiratory conditions
- Chronic illnesses
- Recent surgeries
- Pregnancy
- Medication that may affect participation

3.3 You agree to inform us of any changes to your health or circumstances.

4. Physical Activity & Assumption of Risk

4.1 You understand that dance and fitness activities involve physical exertion and carry an inherent risk of injury.

4.2 By participating, you acknowledge and voluntarily accept these risks and agree to take part at your own pace and within your own physical limits.

4.3 You agree to:

- Work at your own pace
- Modify exercises where necessary
- Stop immediately if you experience pain, dizziness, or discomfort

4.4 If you have any concerns regarding your health, you should seek advice from a medical professional before attending.

4.5 If you are pregnant or postnatal, it is your responsibility to obtain appropriate medical approval before participating.

5. Instructor Role & Limitations

5.1 Instructors may provide guidance, demonstrations, verbal cueing, and optional physical corrections.

5.2 Instructors are not medical professionals and do not diagnose or treat injuries or medical conditions.

5.3 Any physical adjustments or corrections are optional and may be declined at any time.

6. Online Classes

6.1 You are responsible for ensuring your exercise space is safe and free from hazards.

6.2 We are not responsible for injuries or damage sustained in your home or personal environment.

6.3 Online class links must not be shared without permission.

7. Fees, Booking & Cancellations

7.1 Class fees must be paid in advance via the booking system, invoice or cash on the day (dependant on specific class requirements).

7.2 Bookings are valid for the named participant only and are non-transferable.

7.3 Missed sessions, late arrivals, or non-attendance are non-refundable.

7.4 Workshops, private sessions, and courses are non-refundable once booked, except in exceptional circumstances at our discretion.

7.5 If we cancel a class and cannot offer a suitable alternative, a refund or credit will be provided.

8. Cooling-Off Rights (Consumer Contracts Regulations)

8.1 For online bookings, you have a 14-day cooling-off period unless you request that the service begins within this period.

8.2 By attending a class during this period, you acknowledge that the service has begun and agree to waive your right to cancel for any sessions already attended.

9. Venue Conduct & Personal Property

9.1 Please treat venues, equipment, and other participants with respect.

9.2 All personal belongings are brought at your own risk. We are not responsible for loss, theft, or damage.

10. Behaviour & Class Etiquette

10.1 We aim to provide a supportive, inclusive, and respectful environment for all participants.

10.2 Unsafe, disruptive, or inappropriate behaviour may result in removal from class without refund.

11. Liability & Insurance

11.1 You participate voluntarily and accept responsibility for your own physical capability and wellbeing.

11.2 We hold appropriate Public Liability Insurance for activities conducted under our supervision.

11.3 To the fullest extent permitted by law, we will not be liable for injury, loss, or damage arising from:

- Pre-existing medical conditions
- Failure to follow instructor guidance
- Self-inflicted injury
- Hazards outside of our control (including home environments for online classes)

11.4 Nothing in these Terms excludes or limits liability for death or personal injury caused by our negligence.

12. Changes & Termination

12.1 We reserve the right to substitute instructors or change venues where necessary.

12.2 We may amend or discontinue classes with reasonable notice.

12.3 These Terms may be updated from time to time. Continued participation constitutes acceptance of any updates.

13. Complaints

Any concerns should be raised directly with the principal, Zoe. We aim to resolve all issues promptly, fairly, and professionally.

14. Governing Law

These Terms & Conditions are governed by the laws of England and Wales.